

General Resources

988 Suicide and Crisis Lifeline

988 is the new 3-digit dialing number for the Suicide and Crisis Lifeline. It is available to call or text 24/7.

To chat, visit: 988lifeline.org/chat

You Can Contact 988 if You Are...

- Struggling with alcohol and/or substance use
- Having family or relationship problems
- Worried about someone who may be in crisis
- Having economic concerns
- Experiencing depression or mental illness
- Struggling with your sexual and/or gender identity
- In or getting out of an abusive relationship



Upon calling 988, you will be connected to a trained crisis counselor who will listen, ensure your safety, and provide referrals if necessary.



What is the difference between 911 and 988?



988 is available 24/7 to call or text for emotional distress and suicidal crisis



911 is available 24/7 for physical safety and emergency medical services

What are mobile crisis teams?

MCTs provide effective and timely care, while, when possible, allowing individuals to stay in their community.

[Click to learn more](#)

What are crisis stabilization programs?

Trauma-informed programs that provide short-term observation and stabilization. They also identify additional treatment needs and referrals.

[Click to learn more](#)

Warmlines

Warmlines are peer-run hotlines that offer emotional support. They are staffed by volunteers who are in recovery themselves.

[View NAMI's Warm Line Directory](#)

Teen Warmline *(Nationwide, from 6-10pm PST)*

Provides support, resources, and hope to young people through professionally trained teen counselors. Available nationwide from 6-10 PST.



866-465-0083



Text **TEEN** to **839863**

[Teenline](#)

SAMSHA's National Helpline

A free, confidential service available 24/7, 365 days per year. This is an information service, available in English and Spanish, for individuals and family members facing mental and or/substance use disorders. Additionally, they provide referrals to local treatment facilities, support groups, and community-based organizations.

[Click to learn more](#)



1-800-662-4357



Text your 5-digit ZIP code to 435748

SAMSHA's Online Treatment Locator - *FindTreatment.gov*

The most comprehensive treatment locator for individual's or family members seeking treatment for mental and substance use disorders. With this resource, you can search for substance use and mental health facilities, health care centers, buprenorphine practitioners, and opioid treatment providers.

[View Online Treatment Locator](#)

The Trevor Project

A safe, online space for LGBTQ+ youth. They provide resources, a place to virtually connect with others, and a 24/7 helpline. If you are thinking about suicide or feeling lonely, reach out to one of their trained crisis counselors.

[Visit the Trevor Project](#)



1-866-488-7386



Text **START** to 678-678



NAMI

The National Alliance of Mental Health provides advocacy, support, education, and public awareness so that all individuals and families affected by mental illness can build better lives. Currently, there are 650 NAMI state organizations and NAMI affiliates across the country.

[Visit NAMI](#)



AFSP

The American Foundation for Suicide Prevention is a voluntary organization that supports individuals affected by suicide. They fund scientific research, educate the public about mental health and suicide, advocate for better policies, and support those affected by suicide loss.

[Visit AFSP](#)



If you or someone you know is experiencing a suicidal crisis or emotional distress, call or text 988 for 24/7 support. To chat online, visit www.988lifeline.org/chat.

